

Adults 60+ Virtual Recreation and Services Guide

SUMMER 2021



The Rockville Senior Center will Remain Virtual for All Summer Classes.

Go Online or Mail-In to Register for Summer Classes

City Holidays: **Memorial Day:** Observed Monday, May 31
Juneteenth, June 19: Observed Friday, June 18
Independence Day, July 4: Observed Monday, July 5
Labor Day: Observed Monday, Sept. 6

Registration: Spring registration opens on Thursday, May 6 starting at 8:30 a.m. We will not have in-person registration.

Trips: The popular 60+ Trip and Tour program is currently on hold. When travel is deemed safe again, Senior Recreation Service staff will plan the wonderful adventures as enjoyed in the past.

Mail-In Registration: Mail-in registrations are being accepted and processed in order received beginning May 6. Complete the registration form on page 19, enclose a check made out to "The City of Rockville" and mail to:

Rockville Senior Center
1150 Carnation Dr, Rockville, MD 20850

If mailing a registration, you will receive a receipt in the mail, or via email. You will be contacted if you did not get into the class you wanted.

Online Registration: www.rockvillemd.gov/recreation
Visa and MasterCard accepted

Please be sure your Senior Center membership is up to date when registering. Memberships are now available for renewal online in our registration system while the center is closed or by calling the Senior Center's main line listed below.

Please call **240-314-8800** or **240-314-8620**, or email us at **seniorcenter@rockvillemd.gov** if you have any questions with registrations.

Need Help paying for classes?
Program Assistance Fund can help!
Call 240-314-8800 for information.

Internet access is required for virtual classes.
Some programs are phone-in available.

Need Food During this Time?

Call 240-314-8800 or email us at seniorcenter@rockvillemd.gov

Arts & Enrichment

Birthday and Anniversary Party P

Celebrating June, July and August birthdays! All are invited, whether or not you have a summer birthday. Entertainment: Chris Bruno, soloist, of Capital Effect

Sponsored by: Potomac Valley

Course	Day, Date	Time	Cost
18741	W, 8/4	1:30-2:30 p.m.	Free/\$7

Book Club P

An in-depth discussion covering a broad spectrum of books. A moderator presents topics for discussion.

June 24: "The Overstory" by Richard Powers.

July 22: "A Discovery of Witches" by Deborah Harkness.

Course	Day, Date	Time	Cost
18861	Th, 6/24 & 7/22	9:30-10:45 a.m.	Free/\$7

Books that Shaped America P

The Library of Congress selected 88 books in June 2012 that helped shape America. These selections are a starting point for a national conversation. The selections are based on the concept that each book had, and continues to have, a profound impact on American life.

Find the work in the form that best suits your needs. Reading the book is optional. Presented by Joan Adams.

"The Adventures of Huckleberry Finn"

by Mark Twain

Mark Twain was an American author, publisher and charismatic humorist. Twain is considered by many to be the "Father of American Literature." Why has "The Adventures of Huckleberry Finn" been so controversial?

Course	Day, Date	Time	Cost
18853	M, 6/21	10:30-11:30 a.m.	\$6/\$9

"Charlotte's Web" by E.B. White

This charming, whimsical book addressed some exceedingly difficult issues. "Charlotte's Web" is considered a masterpiece of children's literature. It continues to be a best seller and has been translated into 23 languages since it was first published in 1952.

Course	Day, Date	Time	Cost
18854	M, 8/16	10:30-11:30 a.m.	\$6/\$9

Cabin John: Legends and Life of an Uncommon Place **NEW!**

Judith Welles offers a slide show about the mystery of the name Cabin John and legends of lost lovers, ghosts, pirates and buried treasure. View historic photos of the Union Arch Bridge and the Cabin John Hotel, a resort destination from the 1870s to 1931 that attracted Washington socialites and U.S. presidents.

Course	Day, Date	Time	Cost
19001	W, 7/21	10:30 a.m.-12 p.m.	\$6/\$9

Highlighting These Seasonal Offerings

Craft Escape

Craft kits provide an inspiring break to help you explore your artful expression and create at your own pace. Each kit includes all the materials and instructions needed to

complete the craft. Enjoy getting crafty! Supplies will be delivered to Rockville resident's on June 28 with no personal contact. Non-residents will need to pick up



NEW!

the kits from the Senior Center from 11am-2 pm. June 28. **There is no online instruction.**

All 3 Crafts: Flamingo, Gnome and Wine Bottle

Course	Day, Date	Delivery/Pick-up Time	Cost
19005	M, 6/28	11 a.m.-2 p.m.	\$50/\$65

Fourth of July Gnome

Course	Day, Date	Delivery/Pick-up Time	Cost
19003	M, 6/28	11 a.m.-2 p.m.	\$15/\$20

Fun Wooden Flamingo

Course	Day, Date	Delivery/Pick-up Time	Cost
19002	M, 6/28	11 a.m.-2 p.m.	\$15/\$20

Glass Etching Wine Bottle with Cork Lights

Course	Day, Date	Delivery/Pick-up Time	Cost
19004	M, 6/28	11 a.m.-2 p.m.	\$30/\$35

Arts & Enrichment cont.

Coffee Connections **P** **NEW!**

A fun way to become better acquainted with Senior Center staff and other Senior Center members. We encourage you to connect virtually via Zoom with Senior Center staff through our Coffee Connections program. Sharing a cup of coffee, or tea, and an informal conversation is a great way to learn more about our staff and programs offered, and to catch up with some of your friends.

Course	Day, Date	Time	Cost
18986	F, 6/11	10-11 a.m.	Free
18987	F, 7/9	10-11 a.m.	Free
18988	F, 8/13	10-11 a.m.	Free

Creativity Circle **NEW!**

Have you been meaning to start that scrapbook, finish knitting a scarf, write a short story, paint a picture, brush up on your calligraphy or continue any other creative pursuit? Join us and bring your projects to work on! Share what you've been up to or what you hope to start. We'll encourage each other and take the time to get started!

Course	Day, Date	Time	Cost
18999	W, 6/23 & 7/28	10-11 a.m.	Free/\$4

Crochet All Day **NEW!**

Join fellow crocheters to work on the same project simultaneously, or bring and share what you're currently working on. Supply your own materials. Instructor will be happy to answer questions on the group activity. Get ready to get hooked! Recommended for those who already have a basic crocheting ability.

Course	Day, Date	Time	Cost
18950	M, 7/19 & 8/16	1-2 p.m.	Free/\$4

Drawing with Val **NEW!**

Participants will discuss famous artists and parts of the book "Drawing on the Right Side of the Brain." Techniques for sketching and approaches to capturing subject matter will be taught. Participants will draw from nature and other subjects. Participants will need heavier-weight drawing paper, HB, 4B and 6B or 8B pencils, a kneaded

eraser, a white-pencil eraser, and vine charcoal, if available. Instructor: Val Fry

Course	Day, Date	Time	Cost
18997	Tu, 7/13-8/3	9:30-11:30 a.m.	\$45/\$55
18998	Tu, 7/13-8/3	12-2 p.m.	\$45/\$55

Editing Your Home: Organizational Tips and Tricks **NEW!**

When we write, we always edit. When we live, do we edit? For many of us, the answer is no, sort of, or what does that mean? Catherine Ryan, founder of Swooped, LLC, is a veteran professional organizer who helps people edit their homes and their lives. For most, finding the time to edit is a big hurdle. Then, once we have time, the questions are: Where to begin? How to make decisions? What do I do with things I don't want? Catherine will answer all of these questions, and more, beginning with an overview of editing one's home, and follow with sessions on process, strategies and helpful local resources.

Course	Day, Date	Time	Cost
18981	Th, 7/8-7/29	10-11 a.m.	\$34/\$42

English Conversation

Summer fun! Speak more confidently about everyday topics. This is a multilevel class.

Beginner: Let's Talk

Course	Day, Date	Time	Cost
19660	M, 6/7-6/28	10 a.m.-12 p.m.	Free

Advanced: Let's Talk More

Course	Day, Date	Time	Cost
19601	Th, 6/3-6/24	1-3 p.m.	Free

Enticing Italian Pasta Sauces **NEW!**

Pasta is an essential and enticing staple in traditional Italian cuisine. The ways of preparing pasta sauces are countless. Chef Alba will demonstrate her personal recipes to create fantastic and versatile pasta sauces for any occasion. The key to a good sauce is fresh, few and quality ingredients, and easy techniques to follow. Cook along with Chef Alba or simply watch. Menu: pasta pesto genovese e fagiolini (pesto and green beans pasta), pasta with fresh tomatoes and golden breadcrumbs, and pasta with fresh lemon sauce. A shopping list and recipes will be emailed to participants.

Course	Day, Date	Time	Cost
18945	Th, 6/24	4:30-6 p.m.	\$13/\$17

KEY: **P** = Phone in available

Father's Day Cookout: Outdoors **NEW!**

Come by the senior center to celebrate Father's Day as we cook burgers and hot dogs on the grill! Lunch will be outside and includes toppings, beverages, a side, and dessert. CDC guidelines will be followed. Register by 6/7. Rain date 6/25. Sponsored by Collingswood.

Course	Day, Date	Time	Cost
18689	F, 6/11	12:30-2:30 p.m.	\$3/\$5

Fusion of Italian and Greek Cuisine, Opa! **NEW!**

Italian and Greek cuisines are recognized for their frugality and richness of flavors and aromas. Both cuisines are famous for cooking with the day's freshest and locally grown ingredients. Cook along with Chef Alba or simply watch as she merges these two cuisines in recipes such as rigatoni with feta and sundried tomatoes, grilled sausage peppers and tomatoes, and Greek spinach salad with shallot dressing. A shopping list and recipes will be emailed to participants.

Course	Day, Date	Time	Cost
18946	Th, 7/22	11:30 a.m.-1 p.m.	\$13/\$17

Guitar Lessons

Learn a new skill or refresh an old one with this acoustic guitar course. Course covers basic strumming techniques, scales, melodies, basic theory and tips to get you playing. Students need a guitar and notebook. The instructor will call participants to schedule a 30 minute one-on-one session within the time slot. Instructor: Kevin Mittleman, The School of Music.

Course	Day, Date	Time	Cost
18864	W, 6/9-6/30	1-2 p.m.	\$41/\$54
18865	W, 7/14-8/25	1-2 p.m.	\$71/\$95

Handbells

This is a fun course using color-coded lightweight handbells and requires no previous musical knowledge. Each student will get to use one or two bells and the group together will play folk and some classical music. As the class progresses, learn to play chords; practicing is not required. Staff will deliver bells to participant's front door, with no personal contact. Instructor: Connie Hughes

Course	Day, Date	Time	Cost
18880	Tu, 6/8-6/29	2:10-3 p.m.	\$9/\$13
18900	Tu, 7/13-8/24	2:10-3 p.m.	\$15/\$23

History of Maryland Whiskey **NEW!**

How did Maryland Rye become the most popular American spirit of the 1800s? How did this legacy become lost and where is it today? All this and more will be discussed as we learn about distilling in Maryland, past, present and future, from Mc-Clintock Distilling Company. Fee includes a flight of six, 1/2 ounce tastings of whiskey. Delivered to Rockville residents 8/9 along with an email on how to join the Zoom event the next day. Non-residents will need to pick up kits at the Center from 11 am-2 pm on 8/9.

Course	Day, Date	Time	Cost
18983	Tu, 8/10	3-4:30 p.m.	\$25/\$30

Kneading Connection **NEW!**

Follow your nose to the hearths of homes where bread is the rising star. In four weeks, peek into Baltic and Mediterranean kitchens to discover how four simple ingredients have defined a culture and its people, and how you can fold century-old traditions into your ovens. Wet your appetites—it's a feast for eyes and ears! Instructor: Erin Vannella

Course	Day, Date	Time	Cost
18969	Th, 8/5-8/26	11 a.m.-12 p.m.	\$26/\$34

Let's Create: Outdoors **NEW!**

Sit outside in the fresh air under a tent, rain or shine to create our projects. Enjoy personalizing your wood project from Hammer & Stain for your home or gifting. Many projects to choose from, all supplies included.

Course	Day, Date	Time	Cost	Location
19029	Th, 6/10	11 a.m.-12 p.m.	\$35/\$40	Sr. Ctr.

Lunch and Learn **NEW!**

Bring your lunch and socialize with others on Zoom. Then stay for an informative presentation. Free for Senior Center members.

Mastering Boundaries with Difficult People

Do you remember when someone invaded your boundaries? Have you ever felt that you were being pushed into or out of something? This brief seminar will look at what makes healthy boundaries and how to protect them. There is no magic formula, but let's look at some options and you can select the ones best suited to your personality. A short presentation, followed by discussion.

Course	Day, Date	Time	Cost
18947	W, 6/16	12-1:30 p.m.	Free/\$7

Lunch and Learn continued on next page...

Arts & Enrichment cont.

Lunch and Learn cont...

Maryland: America in Miniature

Known as a "mini-America" because many historic events that happened throughout the country have a direct link to Maryland. This program emphasizes the state's role in building the nation's identity during The War of 1812 by analyzing the significance of the American flag and the national anthem. *Presented by Maryland Center for History and Culture.*

Course	Day, Date	Time	Cost
18948	W, 7/14	12-1:30 p.m.	Free/\$7

As Time Goes "Bye"

Did you ever come to the end of the day and wonder where all the time went? Do you have important items to take care of but never seem to get to them? Have you ever heard the statement "If you want something done, ask a busy person?" We will look at a few principles that just might make a difference. Share your time management frustrations and successes and learn from each other.

Course	Day, Date	Time	Cost
18949	W, 8/18	12-1:30 p.m.	Free/\$7

Milking, Baking and Monks, Oh My! Story Hour with a Life-Enthusiast

Listen to the passionate tales of a woman, who after nearly a decade on television, bought a one-way ticket abroad and never looked back. Melt into a photograph and let your imagination romp through Cypriot fields of wild thyme, Georgia O'Keeffe's beloved desert canyon, starlit Danish streets, Napolitano living rooms and monastic hops fields. Life is for living!

Course	Day, Date	Time	Cost
18978	Th, 6/17	1:30-2:30 p.m.	\$6/\$9

Mother's Day Celebration **NEW!**

Happy Mother's Day! Send a mom or grandma a gift for Mother's Day. All gifts are delivered to that special mom on Friday, May 7 to City of Rockville residents. Non-residents will need to pick up gifts at the Rockville Senior Center. Please call the Rockville Senior Center at 240-314-8800 to purchase gifts by **Tuesday, May 4.** Sponsored by Collingswood

Course	Day, Date	Time	Cost
18690	Fri, 5/7	11 a.m.-12 p.m.	\$3/\$5

Mystery Adventure **NEW!**

Do you miss traveling? Come with us from the comfort and safety of your home as we explore new places. Be surprised on this fun, live Zoom adventure. Through Zoom, we will have a live guide take us on a tour of our mystery location with opportunities to ask questions. Space is limited and registration is required.

Course	Day, Date	Time	Cost
19027	Tu, 6/1	11:30 a.m.-12:30 p.m.	\$6/\$9

Parking Lot Bingo: Outdoors **NEW!**

Join us for Parking Lot Bingo at the Senior Center! Players receive a goody bag, bingo cards for play, and the chance to win exciting prizes! Each registered participant receives a raffle ticket for the door prize. Designated parking spots marked for the event. Feel free to play from your car or bring chairs to enjoy the sunshine! Sponsored by Brightview West End Registration required by May 26. Rain date 6/9.

Course	Day, Date	Time	Cost
18968	W, 6/2	4-6 p.m.	\$6/\$9

Piano Lessons

Learn fundamentals of rhythm, theory and note reading. Classes will be taught one-on-one for 15 minutes. The instructor will call participants to schedule the 15 minutes within the time slot. A piano or keyboard is required. Instructor: Connie Hughes

Complete Beginner:

This class is ideal for the complete beginner.

Instruction will be given on note reading, rhythm, theory and technique.

Course	Day, Date	Time	Cost
18868	Tu, 6/8-6/29	9:15-10:15 a.m.	\$37/\$50
18869	Tu, 7/13-8/24	9:15-10:15 a.m.	\$65/\$88

Beginner Continuing:

This class is for those who have taken at least one course of piano lessons with our Senior Center instructor. Further instruction will be given on technique, note reading and theory.

Course	Day, Date	Time	Cost
18870	Tu, 6/8-6/29	10:30-11:30 a.m.	\$37/\$50
18871	Tu, 7/13-8/24	10:30-11:30 a.m.	\$65/\$88
18876	Tu, 6/8-6/29	1-2 p.m.	\$37/\$50
18877	Tu, 7/13-8/24	1-2 p.m.	\$65/\$88



KEY: **P** = Phone in available



Advanced Continuing:

This class is designed for those who read both musical clefs, play with two hands simultaneously, and have a good understanding of theory. Opportunity is given to explore different musical genres. Pre-requisite: Students must have taken at least one Continuing Class at the Senior Center or meet the listed requirements.

Course	Day, Date	Time	Cost
18878	Tu, 6/8-6/29	11:45 a.m.-12:45 p.m.	\$37/\$50
18879	Tu, 7/13-8/24	11:45 a.m.-12:45 p.m.	\$65/\$88

Pizza and Trivia **NEW!**

Join the Senior Center staff through Zoom to make your own perfect pie. Pizza kits that feed 2 people from the Slice of Rockville include fresh dough, homemade sauce, shredded mozzarella/parmesan cheese, garlic parmesan butter sauce and dough to make 4 garlic knots. Pizza kits will be delivered to Rockville residents on 6/10 along with an email with all the info you'll need to join the Zoom event. Non-residents will need to pick up kits at the Center on 6/10 between 11 am-2 pm. Register by 6/7.

Course	Day, Date	Time	Cost
19599	Th, 6/10	5-6 p.m.	\$10/\$12

Science Tuesdays

An engaging monthly presentation and conversation with a scientist, each focusing on a different topic. No scientific background required, just curiosity. Co-sponsored by Rockville Science Center. Sign up to receive emails about monthly presentations! Second Tuesday of the month.

Course	Day, Date	Time	Cost
19495	Tu, 7/13	1-2 p.m.	Free
	Tu, 8/10	1-2 p.m.	
	Tu, 9/14	1-2 p.m.	

Second Fiddle: VPs Never President **P**

The role of the Vice President is simply to be prepared to take over if the President is unable. They also play an important role as President of the Senate and could cast a tie breaking vote. There have been 49 VPs in American history and

many are forgotten since they never became President of the United States. Professor Joan Adams will present this series. Final offerings in this series.

Al Gore

Albert Arnold Gore, Jr. is an American politician and environmentalist who served as the 45th Vice President of the United States from 1993 to 2001. Gore was selected as the Democratic nominee for the 2000 presidential election but lost the election in a remarkably close race. He has remained prominent as an author and environmental activist, whose work in climate change activism earned him (jointly with the IPCC) the Nobel Peace Prize in 2007.

Course	Day, Date	Time	Cost
18815	M, 6/7	10:30-11:30 a.m.	\$6/\$9

Dick Cheney

Richard Bruce Cheney was the 46th Vice President of the United States under President George W. Bush. Cheney is considered by many as the most powerful Vice President in American history. Yet, he is one of the most unpopular. Before becoming VP he served as Secretary of Defense under George Herbert Walker Bush. A capable leader in many ways, but after 2006 no one wanted to go quail hunting with him.

Course	Day, Date	Time	Cost
18816	M, 7/12	10:30-11:30 a.m.	\$6/\$9

Sending Homemade Wishes **NEW!**

Send personalized greetings to friends and family with a card-making kit containing all the supplies and instructions to create three homemade cards, including a birthday, thank you and inspirational card. Supplies will be delivered to Rockville residents on July 23. Non-residents will need to pick up kits at the Center from 11 a.m.-2 p.m. on July 23. There is no Zoom class, so you can make the cards on your own time.

Course	Day, Date	Delivery/ Pick-up Time	Cost
19006	F, 7/23	11 a.m.-2 p.m.	\$9/\$12

Need help paying for classes?

Program Assistance Fund can help!
Call 240-314-8800 for more information

Need help with Zoom?

The Senior center is here to help with any Zoom concerns. See page 11 for "Zoom Help" classes with Andre Hickman, our computer lab manager.

Seniors Understanding Nature (SUN)

Discover the outdoors from the comfort of your home as you connect with the natural world. A naturalist from Croydon Creek Nature Center will explore a nature theme related to the season. Participants will better understand the environment, gain new skills in observation and identification, and enjoy the health benefits of nature study.

Pollinators

Discover the importance of pollinators, the role they play in sustaining our ecosystem, and how you can protect and support them locally with everyday choices.

Course	Day, Date	Time	Cost
18967	F, 6/25	10:30-11:30 a.m.	Free/\$4

Spanish for 60+

Classes are designed to make you feel more comfortable getting started with everyday conversation. Learn the fundamentals of the Spanish language and start speaking with confidence. Includes interactive activities. Instructor: Lidia Almidon

Basics

Course	Day, Date	Time	Cost
19501	M,W, 7/12-8/11	12:30-2:30 p.m.	\$44/\$70

Continuing

Course	Day, Date	Time	Cost
19499	Tu,Th, 7/13-8/12	12:30-2:30 p.m.	\$44/\$70

The 1956 Washington Senators: Outdoors **NEW!**

Do you remember going to Griffith Stadium to watch the Washington Senators? Our two guest speakers were with the team as bat boy and scoreboard keeper. Hear their close-up and personal experiences of the 1956 All-Star game, including those of Mickey Mantle, Willie Mays, Ted Williams and Yogi Berra. We'll sit outside in the fresh air under a tent, socially distanced, rain or shine.

Course	Day, Date	Time	Cost	Location
18982	Th, 6/17	10 a.m.-11:30 p.m.	\$6/\$9	Sr. Ctr.

Time Capsule Celebration **NEW!**

Join us for a blast from the past via Zoom to celebrate the opening of the Rockville Senior Center time capsule buried in 1995!

Course	Day, Date	Time	Cost
18872	Th, 5/13	5-6 p.m.	Free

Through the Lens of Time **P**

Take a look at the people "Time" magazine recognized beyond the 100 of the century. Many fascinating and enchanting individuals have graced the cover of this magazine. Some never made the 100 list but are exciting, motivating and deserve a closer look. Instructor: Joan Adams

Michael Jackson

Michael Joseph Jackson was born in Gary, Indiana and entertained audiences nearly his entire life. His father, Joe Jackson, had been a guitarist, but was forced to give up his musical ambitions following his marriage to Michael's mother, Katherine. Together, they prodded their growing family's musical interests at home. A musical prodigy, Michael's singing and dancing talents were amazingly mature, and he soon became the dominant voice and focus of the Jackson 5. What lasting impact has Michael and his family had on the American music scene?

Course	Day, Date	Time	Cost
18850	M, 6/14	10:30-11:30 a.m.	\$6/\$9

Michael Phelps

Baltimore-born in 1985, Michael Fred Phelps II is the most decorated Olympian in history. He started his swimming career at the age of 10. Most recently he has been most public about his bouts with depression. In 2012 he "retired" from the Olympics claiming, "I'm done!" In 2014 he came back, better than ever.

Course	Day, Date	Time	Cost
18851	M, 7/19	10:30-11:30 a.m.	\$6/\$9

Shirley Temple Black

Once known as "Hollywood's Darling" Shirley Temple went on to become an actress, businesswoman and diplomat. She is best known as a child singer and dancer on the "Good Ship Lollipop." Her amazing career in film started in 1934 and continued in many other realms until her death in 2014. Her dimpled smile helped many Americans through the Depression.

Course	Day, Date	Time	Cost
18852	M, 8/9	10:30-11:30 a.m.	\$6/\$9

Virtual Summer Classes

Take these classes right from your home!

Ukulele

Learn this fun, indigenous Hawaiian instrument! Class will cover chords, strumming, playing melodies, and everything you'll need to play your favorite songs. A Ukulele is required but rentals can be arranged by the School of Music for \$30 per semester. All other materials will be provided electronically. Instructor: Kevin Mittleman

Course	Day, Date	Time	Cost
18866	W, 6/9-6/30	2-3 p.m.	\$41/\$54
18867	W, 7/14-8/25	2-3 p.m.	\$71/\$95

Watercolor Flowers

Have fun painting flowers in watercolors. We will look at different floral artists and use some of their techniques as well as values, composition and colors. Watercolor techniques will be taught to achieve the likeness of the flowers we are painting. Techniques include wet into wet, softening off, salt, detailing, splattering, etc. Create a picture you can frame. Instructor: Val Fry

Course	Day, Date	Time	Cost
18995	Tu, 6/8-6/29	9:30-11:30 a.m.	\$45/\$55
18996	Tu, 6/8-6/29	12-2 p.m.	\$45/\$55

Technology

B Android Basics

Take a look at many of the installed apps on your device, see pictures and video clips, and download and play games from the app Store. Use the messaging app to communicate with your friends and more. Instructor: Hickman

Course	Day, Date	Time	Cost
19545	Tu,Th, 8/3-8/5	10 a.m.-12 p.m.	\$14/\$27
19549	Tu,Th, 8/10-8/12	10 a.m.-12 p.m.	\$14/\$27
19488	W,F, 9/1-9/3	10 a.m.-12 p.m.	\$14/\$27

B Avoiding PC Scams

Alert! Beware! Protect yourself from the scams that are out there when using your computer on a daily basis. We will examine some of the many cons and scams that exist. From emails claiming to be from Microsoft, your bank or a

well-known charity, learn the signs of deception. Instructor: Hickman

Course	Day, Date	Time	Cost
19573	W, 7/21	1-3 p.m.	\$9/\$15
19553	M, 8/16	10 a.m.-12 p.m.	\$9/\$15
19485	Th, 9/30	10 a.m.-12 p.m.	\$9/\$15

B Computer Trouble Tips

Learn basic troubleshooting techniques and solve your computer problems. Instructor: Hickman

Course	Day, Date	Time	Cost
19531	M,W, 7/12-7/14	1-3 p.m.	\$14/\$27
19502	W,F, 9/8-9/10	10 a.m.-12 p.m.	\$14/\$27

B Computers: Save and Find Documents

Can't find a file or photo you saved? Learn the Windows filing method. Topics include creating, naming and filing folders, saving files to backup disks and creating and/or deleting a desktop shortcut. Instructor: Martin

Course	Day, Date	Time	Cost
19533	Tu, 7/13	1-3 p.m.	\$9/\$15
19546	Tu, 8/3	1-3 p.m.	\$9/\$15
19489	W, 9/1	1-3 p.m.	\$9/\$15

B Copying Pictures

Learn how to copy them to your computer. Make separate folders for all your groups of pictures. Email them to family and friends. Bring your charger and cord to class. Instructor: Hickman

Course	Day, Date	Time	Cost
19572	Tu, 7/20	1-3 p.m.	\$9/\$15
19576	Tu, 7/27	10 a.m.-12 p.m.	\$9/\$15
19509	Tu, 9/14	10 a.m.-12 p.m.	\$9/\$15
19510	Th, 9/16	10 a.m.-12 p.m.	\$9/\$15

B File Management

Learn how to copy, move, delete and rename files. Organize your work and find lost files. Make folders and get a better understanding of your profile. Instructor: Hickman

Course	Day, Date	Time	Cost
19574	Th, 7/22-9/22	8-10 a.m.	\$9/\$15
19506	M, 9/13	10 a.m.-12 p.m.	\$9/\$15

KEY: **B** = Beginner **I** = Intermediate

Need help paying for classes?

Program Assistance Fund can help!
Call 240-314-8800 for more information

Technology cont.

B Flip Phone Basics

Learn the basics about your flip phone. Get direction on what the icons mean on your screen and how to navigate through the buttons. Instructor: Hickman

Course	Day, Date	Time	Cost
19538	M, 7/19	1-3 p.m.	\$9/\$15

B Fun with Pictures

Microsoft Paint is a free drawing tool on your computer that you can use to create or elaborate drawings. You can use it for your desktop background, to paste in another document or to view and edit scanned photos. Instructor: Martin

Course	Day, Date	Time	Cost
19519	M, 9/27	1-3 p.m.	\$7/\$11

B Fun with Pictures

Introduces drawing features in MS Word and Windows Paint program. Covers elementary manipulation of pictures and text in documents. Instructor: Martin

Course	Day, Date	Time	Cost
19552	Th, 8/12	1-3 p.m.	\$6/\$13

B Gmail basics

Login and start exploring, organizational tools for your email. Check out new themes, send GIFs, find every photo you've ever sent or received, and search your account faster than ever. Instructor: Hickman

Course	Day, Date	Time	Cost
19578	Th, 7/29	10 a.m.-12 p.m.	\$9/\$15
19505	F, 9/10	1-3 p.m.	\$9/\$15

B Hotmail Email Fundamentals

Introductory session uses class accounts to learn the basics of sending, receiving, copying and saving emails. Instructor: Martin

Course	Day, Date	Time	Cost
19556	Tu, 8/17	1-3 p.m.	\$9/\$15
19486	Th, 9/30	1-3 p.m.	\$9/\$15

B PC New Users

This course familiarizes those new to computers (or afraid to learn) with the basic components of computers. Introduces everyday tasks like email, word processing and surfing the web. No experi-

ence required. Instructor: Hickman

Course	Day, Date	Time	Cost
19530	F, 7/9	8-10 a.m.	\$14/\$27
19568	Th, 8/26	10 a.m.-12 p.m.	\$14/\$27

B Simple Typing Tips

Basic typing techniques. Instructor: Hickman

Course	Day, Date	Time	Cost
19579	Th, 7/29	1-3 p.m.	\$7/\$11
19554	M, 8/16	1-3 p.m.	\$7/\$11

B Using Function Keys

Function keys have a variety of different uses or no use at all. See how function keys improve how you work with your computer. Instructor: Hickman

Course	Day, Date	Time	Cost
19575	M,W, 7/26-7/28	1-3 p.m.	\$14/\$27
19543	M,W, 8/2-8/4	10 a.m.-12 p.m.	\$14/\$27
19494	Th, 9/2	10 a.m.-12 p.m.	\$14/\$27

B Using Right Click - Left Click

Understand your mouse and discover how to find, move, copy and save files and pictures. Create or delete shortcut icons on your desktop, emails and documents. Instructor: Martin

Course	Day, Date	Time	Cost
19558	W, 8/18	1-3 p.m.	\$9/\$15
19521	W, 9/29	1-3 p.m.	\$9/\$15

B Windows 10 Basics

Windows 10 has many new and updated options. The start menu, Cortana, Windows Store and Edge the new browser. Learn to navigate these features and more. Instructor: Hickman

Course	Day, Date	Time	Cost
19539	Tu,Th, 7/20-7/22	10 a.m.-12 p.m.	\$24/\$37
19564	M,W, 8/23-8/25	1-3 p.m.	\$24/\$37

B Windows PC Backup

When and how do I back up my system? How long do I hold my backups? What type of backup media is the best? Learn the answers to these and other important questions you might have. Instructor: Hickman

Course	Day, Date	Time	Cost
19529	W, 7/7	1-3 p.m.	\$14/\$27
19557	W, 8/18	10 a.m.-12 p.m.	\$14/\$27
19512	W, 9/15	10 a.m.-12 p.m.	\$14/\$27

B Yahoo Mail Basics

Login and start exploring, organizational tools for your email. Check out new themes, send GIFs, find every photo you've ever sent or received, and search your account faster than ever. Instructor: Hickman

Course	Day, Date	Time	Cost
19577	Tu, 7/27	1-3 p.m.	\$9/\$15
19504	W, 9/8	1-3 p.m.	\$9/\$15

I I Have a Question

Calling a company's support department can be a hassle. Going through the countless menus can be equally frustrating. Got a question? Ask the teacher. You can even learn from questions of others. Instructor: Hickman

Course	Day, Date	Time	Cost
19536	Th, 7/15	10 a.m.-12 p.m.	\$14/\$27
19563	M, 8/23-8/25	10 a.m.-12 p.m.	\$14/\$27
19487	W, 9/1	8-10 a.m.	\$14/\$27

I Lost Password?

Many have lost their password to their computer, tablets or phones. Going through a maze to reset them require patience. Learn some tips so that you can regain access to your devices. Instructor: Hickman

Course	Day, Date	Time	Cost
19547	Th, 8/5-	8-10 a.m.	\$14/\$27
19492	Th, 9/2-	8-10 a.m.	\$14/\$27

I Microsoft Excel

Learn how to enter data, create a basic worksheet from data, and design, develop, format and manipulate spreadsheets with MS Excel. Instructor: Hickman

Course	Day, Date	Time	Cost
19537	M,W, 7/19-7/28	10 a.m.-12 p.m.	\$24/\$37
19514	M,W, 9/20-9/29	10 a.m.-12 p.m.	\$24/\$37

I Microsoft Excel II

After taking Microsoft Excel I, enhance your skills in chart formats and modify chart data; create and use advanced database features; work with multiple worksheets and workbooks. Instructor: Hickman

Course	Day, Date	Time	Cost
19544	M,W, 8/2-8/11	1-3 p.m.	\$24/\$37

KEY: **B** = Beginner **I** = Intermediate

I Microsoft Powerpoint

Create a presentation using eye-catching features. Learn how to use built-in templates, themes, designs and background styles. Topics also include how to add titles, charts, tables and pictures. Instructor: Hickman

Course	Day, Date	Time	Cost
19526	Tu, 7/6	10 a.m.-12 p.m.	
	Th, 7/8	10 a.m.-12 p.m.	
	M, 7/12	10 a.m.-12 p.m.	\$24/\$37
19507	M,W, 9/13-9/20	1-3 p.m.	\$24/\$37

I Microsoft Word

Learn to line up text, collate a list, and make documents look professional. Instructor: Hickman

Course	Day, Date	Time	Cost
19555	Tu,Th, 8/17-8/24	10 a.m.-12 p.m.	\$24/\$37
19516	Tu,Th, 9/21-9/28	10 a.m.-12 p.m.	\$24/\$37

I Optimize your Computer

Does your system have frequent pop-up messages? Does it take a while to start up or shut down? Learn tips to help improve performance and answer questions that puzzle you about your computer. A \$3 handout fee is payable to instructor at first class. Instructor: Hickman

Course	Day, Date	Time	Cost
19528	W,F, 7/7-7/9	10 a.m.-12 p.m.	\$12/\$25
19548	M,W, 8/9-8/11	10 a.m.-12 p.m.	\$12/\$25
19498	Tu,Th, 9/7-9/9	10 a.m.-12 p.m.	\$12/\$25

I PC Malware

Malware is any piece of software that is intended to cause harm to your system or network. Malware is different from normal programs in that most of them have the ability to spread in a network, remain undetectable, cause changes/damage to the infected system or network. Instructor: Hickman

Course	Day, Date	Time	Cost
19532	Tu, 7/13	12-10 a.m.	\$14/\$27
19496	Th, 9/2	1-3 p.m.	\$14/\$27

Virtual Summer Classes

Take all of these classes right from your homes!

KEY: **P** = Phone in available

Technology cont.

I Using Cortana

Learn to set up your computer for Windows or speech recognition, create and edit documents or emails, launch applications, open files, control your mouse and more. Program requires Windows 7 or 8. Instructor: Hickman

Course	Day, Date	Time	Cost
19534	W, 7/14	10 a.m.-12 p.m.	\$9/\$15
19513	Th, 9/16	1-3 p.m.	\$9/\$15

I Using Google Apps

Ever wonder about those nine little boxes forming a square in the upper-right corner of any Google page? They're a portal into a whole new Google world, with calendars, maps, photos and anything else you can think of to make your time online more productive, useful and fun. Instructor: Hickman

Course	Day, Date	Time	Cost
19527	Tu,Th, 7/6-7/8	1-3 p.m.	\$14/\$27
19500	Tu,Th, 9/7-9/9	1-3 p.m.	\$14/\$27

I Using Thumb Drives Etc.

Learn how to copy pictures or files on to a flash drive (thumb drive) and cut, copy and paste files from that drive to any other computer. It's important to have a backup. Thumb drives available. Instructor: Hickman

Course	Day, Date	Time	Cost
19535	Th, 7/15	8-10 a.m.	\$9/\$15
19511	Tu, 9/14	1-3 p.m.	\$9/\$15

Zoom Help **NEW!**

Instructor: Hickman

Course	Day, Date	Time	Cost
19525	Th, 7/1	10 a.m.-12 p.m.	Free
19567	Tu, 8/24	1-3 p.m.	Free
19497	F, 9/3	8-10 a.m.	Free
19517	Tu, 9/21	1-3 p.m.	Free

B Windows Security

Is your device or computer protected? Are you scanning for malware on a regular basis? Let's examine the best way to secure your computer and other devices. Instructor: Hickman

Course	Day, Date	Time	Cost
19524	Th 7/1	8-10am	\$14/\$27
19550	Tu 8/10	1-3 pm	\$14/\$27
19520	Tu 9/28	1-3 pm	\$14/\$27

Fitness

Abs and Back

The core is the key to better posture, better balance and better movement. This class focuses on the core through exercises using upper and lower abdominals, pelvic floor, obliques, buttocks, and mid- and lower-back muscles. Most exercises are done on the floor; participants must be able to get up and down from the mat. Instructor: Owen

Course	Day, Date	Time	Cost
18831	Tu, 6/29-8/24	5-5:45 p.m.	\$38/\$60

Aerobic Workout

Step up to the latest exercise designed for the active participant who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using basic dance movements with one foot safely in contact with the floor at all times. Class includes a mixture of oldies and current music. Instructor: Klopfer

Course	Day, Date	Time	Cost
18843	Tu/Th, 6/29-8/26	11 a.m.-12 p.m.	\$48/\$75

Afternoon Yoga Flow

Calm your mind and body during this afternoon yoga flow class. Move in sequence through basic yoga poses, including Warrior 2, Chair and Tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period. This class includes work done on the mat. Please have a yoga sticky mat available to use. Instructor: Ford

Course	Day, Date	Time	Cost
18848	Tu/Th, 6/29-8/26	2:15-3:15 p.m.	\$60/\$94

Arthritis Foundation — Exercise

Designed by the Arthritis Foundation, this class uses gentle movements to help increase joint flexibility, range of motion, overall stamina and maintain muscle strength. Exercise can help ease pain and stiffness, as well as feelings of isolation and depression. Instructor: Owen

Course	Day, Date	Time	Cost
18844	Tu/Th, 6/29-8/26	1-2 p.m.	\$48/\$75

Brown Bag Lunch

Meets every Monday! Check the monthly newsletter for updated information.

Balance Matters

Balance exercises help improve stability, coordination, leg strength and posture. Exercises in this class help reduce the risk of falling and prevent injury to improve overall daily life. Instructor: Ohlandt

Course	Day, Date	Time	Cost
18820	M, 6/28-8/30	12:15-1 p.m.	\$30/\$48
18822	W, 6/30-8/25	12:15-1 p.m.	\$30/\$48

Belly Dance Basics

Enjoy an expressive, exciting and energetic activity. Basic belly dance practices can stimulate the heart and lungs, loosen the hips and spine, and improve balance and core strength. Instructor: Ford

Course	Day, Date	Time	Cost
18821	F, 7/2-8/27	10-10:45 a.m.	\$30/\$48

Belly Dance - Intermediate

Enjoy an expressive, exciting and energetic activity. Intermediate belly dance can stimulate the heart and lungs, loosen the hips and spine, and improve balance and core strength. This class is for students who have some experience with belly dance and can move to an intermediate level. Intermediate belly dance covers intense multi layered shimmies, complex combinations, travel steps and choreography. Instructor: Ford

Course	Day, Date	Time	Cost
18823	Tu, 6/29-8/24	3:30-4:15 p.m.	\$30/\$48

Caribbean Dance Party

Learn how to dance salsa, cha cha, guaguancó and other Caribbean rhythms. Class begins with a slow warm-up, followed by instruction of basic steps. You will combine the steps learned to create fun Caribbean dances. Instructor: Delgado-Alba

Course	Day, Date	Time	Cost
18826	F, 7/2-8/27	5-5:45 p.m.	\$30/\$48

Chair Cardio

This class allows the participants to enjoy fun moves while seated. Combine upper and lower body movements which gives the body a total workout while listening to great music. Instructor: Delgado-Alba

Course	Day, Date	Time	Cost
18828	W, 6/30-8/25	9-9:45 a.m.	\$30/\$48

Chair Exercise

This seated program is performed to music. Exercise patterns are designed for those with limited mobility to help develop strength, flexibility, endurance and promote better circulation. Instructor: Owen

Course	Day, Date	Time	Cost
18836	M/W, 6/28-8/30	11 a.m.-12 p.m.	\$40/\$62

Chi Gong (Qigong)

Chi Gong is a set of meditative exercises combining simple body movements, breathing and mental imagery. Direct the flow of your body's energy to help prevent disease and build strength. Instructor: Helfer

Course	Day, Date	Time	Cost
18840	F, 7/2-8/27	12:15-1 p.m.	\$42/\$66

Drums Alive

Try this exciting class using a stability ball and drum sticks. Get your heart pumping, strengthen your lungs and improve endurance. This class is adaptable to most fitness levels. Equipment is available upon request. Course #18827 will be seated. Instructor: Delgado-Alba

Course	Day, Date	Time	Cost
18827	Tu, 6/29-8/24	12:05-12:50 p.m.	\$30/\$48
18819	Th, 7/1-8/26	12:05-12:50 p.m.	\$30/\$48

Easy Feet

Use fun, energetic music to learn easy-to-follow patterns, including basic dance movements, and receive a great light-cardio workout. Appropriate for beginners. Instructor: Finn

Course	Day, Date	Time	Cost
18829	F, 7/2-8/27	11:15 a.m.-12 p.m.	\$32/\$50

Easy Zumba

Combine fun, energetic, and motivating music with easy-to-follow movements and dance away your worries. Zumba is great for the body and mind. Appropriate for beginners. Instructor: Serrano-Gonzalez

Course	Day, Date	Time	Cost
18839	M/W, 6/28-8/30	10-10:50 a.m.	\$42/\$66

Need help paying for classes?

Program Assistance Fund can help!
Call 240-314-8800 for more information

Fitness cont.

Fitness Workshop: Abs Core and More **NEW!**

This two-part series will focus on your entire core. Covers core stability, strength and flexibility, and the importance of a strong core. This class will include discussion, an interactive demonstration and a workout. Discusses ways to adjust exercises that will allow most people to perform them safely. Work will be done seated, standing and on the mat. There will be time at the end to ask questions. Instructor: Finn

Course	Day, Date	Time	Cost
18818	Th, 7/15 & 8/5	3:30-4:45 p.m.	\$30

Forever Fit

Receive a total-body workout that combines cardio exercise, strength training, and flexibility. All exercises are done standing or seated in a chair. No mat work will be done. This class is appropriate for most fitness levels.

Instructor: 18845, Ohlandt; 18846, Finn

Course	Day, Date	Time	Cost
18845	M/W, 6/28-8/30	11:15 a.m.-12:05 p.m.	\$52/\$81
18846	Tu/Th, 6/29-8/26	10-10:50 a.m.	\$52/\$81

Forever Fit - Outdoor Special **NEW!**

Join this one-time, outdoor program at the Senior Center! Receive a total-body workout that combines cardio exercise, strength training and flexibility. All exercises are done standing or seated in a chair. No mat work will be done. This class is appropriate for most fitness levels. Please bring your own bands and weights. Location: Back Parking Lot, Rockville Senior Center. Instructor: Finn, Klopfer

Course	Day, Date	Time	Cost	Location
19028	Tu, 6/15	10-11 a.m.	\$5/\$8	Sr. Ctr.

Functional Training

While focusing on functional movement, this class includes routines designed to improve strength for all muscle groups. Supercharge your workout, boost your metabolism, burn fat and reach your fitness goals. Participants use weights and mats. This workout is for most fitness levels. Instructor: Owen

Course	Day, Date	Time	Cost
18832	Sa, 7/3-8/28	10-11 a.m.	\$40/\$62

Gentle Yoga and Meditation

Move in sequence through basic yoga poses, including Warrior 2, Chair and Tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period. This class includes work done on the mat. Please have a yoga sticky mat available to use. Instructor: Chowdhury

Course	Day, Date	Time	Cost
18830	W, 6/30-8/25	6:10-7 p.m.	\$38/\$56

On Your Feet — Yoga Blend

Class includes basic yoga poses in a slow and easy pattern, adding elements of balance and core-strengthening exercises, in a standing or seated position. No mat work involved. Instructor: Ford

Course	Day, Date	Time	Cost
18833	M, 6/28-8/30	2:15-3 p.m.	\$42/\$62

Outdoor Group Training **NEW!**

This outdoor, strength-building class is designed to improve strength, flexibility, and balance using the fitness equipment located behind the senior center. Intensity may be modified to suit most fitness levels. Instructor: Ohlandt

Location: RSC Back Parking Lot

Course	Day, Date	Time	Cost	Location
18842	W, 6/30-8/25	9-9:45 a.m.	\$50/\$72	Sr. Ctr.

Pilates Basics

Learn basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this non-impact, mind/body workout using mats. Class is appropriate for beginners. Instructor: Ford

Course	Day, Date	Time	Cost
18841	W, 6/30-8/25	1:15-2 p.m.	\$48/\$70

Piloxing® - Pilates. Boxing. Dance.

This groundbreaking and unique program is a blend of lengthening Pilates, strengthening boxing, and dance moves that keep your pulse high. This workout will get you excited about working out again, not only for the physical aspect, but also because it's so much fun! You will notice stronger, longer, and leaner muscles, improved flexibility, better muscle control and better coordination. Your metabolism will go into overdrive. For the active participant. Instructor: Serrano-Gonzalez

Course	Day, Date	Time	Cost
18838	F, 7/2-8/27	2:15-3 p.m.	\$44/\$65

Strength Training Challenge

This class is designed to build muscle strength, endurance and improve balance. The instructor guides you through a variety of movements while working all major muscle groups with the use of weights, bands, and tubes. Class may include work on the mat. Instructor: Ohlandt

Course	Day, Date	Time	Cost
18847	Tu/Th, 6/29-8/26	9-9:45 a.m.	\$52/\$81

STRONG 30™

Strong 30™ is an innovative and intense 30-minute, complete body workout. During this class, cardio and strength training are perfectly combined to music. There is no need to count reps since you are moving to the beat, pushing forward and burning more calories. For the very active participant. Instructor: Finn

Course	Day, Date	Time	Cost
18837	Tu, 6/29-8/24	12:15-12:45 p.m.	\$40/\$62

Total Conditioning Workout

This strength-building, non-cardio fitness class is designed to improve strength, flexibility and balance using hand-held weights, bands, and tubes. Intensity may be modified to suit most fitness levels. Instructor: Klopfer

Course	Day, Date	Time	Cost
18834	M, 6/28-8/30	9-9:45 a.m.	\$40/\$62
18835	F, 7/2-8/27	9-9:45 a.m.	\$40/\$62

Walking on Sunshine

Join us on this virtual walk while viewing beautiful beautiful summer scenery from different parts of the world. Walk with us more than a mile, in the comfort of your own home. Seated instruction will also be available. Instructor: Klopfer

Course	Day, Date	Time	Cost
18817	W, 9/8	10-11 a.m.	Free

Yoga for You

Yoga is a lifestyle incorporating exercise, diet, proper breathing, relaxation, meditation and positive thinking. Learn gentle stretching and strengthening exercises. Wear comfortable, loose-fitting clothing. This class includes work done on the mat. Please have a sticky mat available to use. Instructor: Figlure

Course	Day, Date	Time	Cost
18849	W/F, 6/30-8/27	10-11 a.m.	\$76/\$119

Zumba Gold

This easy Latin and internationally inspired program is designed for beginners. It creates a party-like atmosphere that is fun and effective. Zumba Gold is great for the body, mind and soul. Enjoy dancing while receiving a total body workout. Instructor: Ford

Course	Day, Date	Time	Cost
18824	M, 6/28-8/30	5-5:45 p.m.	\$30/\$48
18825	W, 6/30-8/25	5-5:45 p.m.	\$30/\$48

Senior Duffers

Join the 2021 golf season. Play is arranged at local golf courses. This is not a teaching activity. All levels of ability are invited. All additional fees paid directly to the course on day of play.

Course	Day, Date	Time	Cost
19473	Tu/Th, 4/26-9/27	7 a.m.	\$7/\$9

Bocce Ball Club

This lawn game is easy to learn and can be enjoyed at all levels. There is a court located behind the Senior Center. All CDC guidelines will be followed. For Senior Center members only.

Course	Day, Date	Time	Cost	Location
19472	Tu/Th, 4/6-10/28	10-11 a.m.	Free	Sr. Ctr

Wellness

A Refreshing Look at Hydration

Water is the essence of all life and is necessary for all normal body functions. However, 75 percent of Americans remain chronically dehydrated. Leni Barry, Suburban Hospital HeartWell nurse, will explain the dangers of dehydration and the many benefits to keeping ourselves hydrated. Tips will also be shared to ensure you remain hydrated.

Course	Day, Date	Time	Cost
19662	Th, 7/22	1-2 p.m.	Free

All About Compression Socks

Akukeng Mba, MSN, CFCN, FNP-C, who specializes in foot issues will discuss what compression socks are, when to use them, and their benefits. She will discuss the types of compression socks,

Continued on next page...

Wellness cont.

Compression Socks cont....

where to buy, the "do's and don'ts" of compression socks and how to properly put them on.

Course	Day, Date	Time	Cost
19661	W, 8/18	1-2 p.m.	Free

10 warning Signs of Alzheimer's **P NEW!**

Am I getting old or just getting Alzheimer's? Is forgetfulness a natural part of aging? When does memory difficulty signal a larger problem? This program provides an understanding of the difference between normal aging and when symptoms reveal a larger problem. Presented by Sheila Griffith, Alzheimer's Association.

Course	Day, Date	Time	Cost
19033	W, 8/11	1-2 p.m.	Free

Basic First Aid: Summer Edition! **P NEW!**

Join us to discuss basic first aid treatments associated with summer injuries, such as sun burn, insect bites and stings, heat related injuries, and much more! Presented by Adventist HealthCare.

Course	Day, Date	Time	Cost
19069	Tu, 7/13	1-2 p.m.	Free

Best Foot Forward **P NEW!**

Learn common problems that can affect your mobility and comfort from orthopedic foot and ankle surgeon Dr. John Thompson as he discusses foot and ankle conditions. He will also answer your questions about bunions, hammertoes, fungus and corns.

Course	Day, Date	Time	Cost
19484	Th, 9/23	1-2 p.m.	Free

Caring for the Caregiver/ Taking Care of Yourself **P NEW!**

This is a workshop/dialogue giving you tools on caring for someone who is important to you, in addition to techniques in taking good care of yourself in the process and beyond. This workshop is geared to the senior community, however all are welcome. Presented by Maude Harrison-Hudson, Bereavement Counselor and Minister, Montgomery Hospice.

Course	Day, Date	Time	Cost
19031	W, 7/21	1-2 p.m.	Free

Covid-19 and Caregiving **P NEW!**

Most likely, dementia doesn't increase the risk of COVID-19. However, some characteristics of dementia, such as behavior and increased age, may increase the risk of contracting the virus. In this program, learn about the relationship between dementia and Covid-19, tips for caregivers during the pandemic and Alzheimer's Association resources. Presented by Sheila Griffith, Alzheimer's Association.

Course	Day, Date	Time	Cost
19034	W, 7/14	1-2 p.m.	Free

Demystifying Your Thyroid **P NEW!**

Dr. Aarti Mathur, endocrine surgeon with Johns Hopkins Division of Surgical Oncology, will review signs and symptoms of various thyroid diseases, including hyperthyroidism, hypothyroidism, goiter and surgical options for treatment. Discuss when to get your thyroid examined and risk factors for thyroid cancer.

Course	Day, Date	Time	Cost
19490	Th, 8/26	1-2 p.m.	Free

Fall Risk Screening **P NEW!**

Do you know someone who has fallen recently? Do you know that falls are the leading cause of brain injury? Attend this virtual session to receive fall prevention education from Adventist Rehabilitation Hospital staff and complete a questionnaire to assess your risk of falls. Receive exercises you can do at home or be referred for outpatient physical therapy.

Course	Day, Date	Time	Cost
19032	Tu, 9/28	1-2 p.m.	Free

Hands-Only CPR with AED Demo: Outdoors **P NEW!**

Join a quick in-person session and learn how to perform hands-only CPR outdoors at Rockville Senior Center. This is not a certification class. This practice session will be conducted outside, with social distancing. All participants will be required to wear mask and gloves (gloves to be provided) during class. Class size limited to 10 students. For questions and information, email bskraban@adventisthealthcare.com. Meet by the big silver sculpture on side of building outside of Fitness Room.

Course	Day, Date	Time	Cost
19067	W, 8/4	1-1:45 p.m.	Free
19663	W, 8/4	2-2:45 p.m.	Free

Stress Reduction/Meditation

This class offers the tools to focus, relax and come to a more peaceful sense of being. There is time for both meditation and discussion. Betty Figlure has taught meditation, guided imagery, and stress reduction classes for over 30 years.

Course	Day, Date	Time	Cost
19035	M, 7/12-8/30	1-2 p.m.	\$30/\$40

Successful Ageing **P** **NEW!**

September is a healthy ageing month. Join to discuss how to navigate changes as people get older and learn techniques to keep our mind, body and spirit healthy! Presented by Adventist HealthCare

Course	Day, Date	Time	Cost
19602	W, 9/15	1-2 p.m.	Free

Summer Skin Care **P** **NEW!**

Join us to discuss summer skin care! Learn remedies for skin problems, how to naturally treat problem areas and exchange tips and advice. Presented by Adventist HealthCare.

Course	Day, Date	Time	Cost
19068	Tu, 8/3	1-2 p.m.	Free

Support Resources

Can I Sell My House and Buy Another One Simultaneously **P** **NEW!**

It is stressful enough to sell a house, but to buy and sell a home simultaneously is double the stress. Find out what steps are involved in selling and buying in today's market. Make your do's and don'ts list, with Realtor, Coni Otto.

Course	Day, Date	Time	Cost
18704	W, 7/21	10:30-11:30 a.m.	Free

Computer Coding **NEW!**

On day one, sit back and explore some of the conceptual and material advances that allow society to be computerized. Focus on specific areas of simulation, modeling, computer graphics and block coding. On day two and three try a hands-on introduction to visual coding language, using the Scratch program.

Course	Day, Date	Time	Cost
18699	F, 7/2-7/23	10 a.m.-12 p.m.	Free

Fire Safety: Batteries and more **P** **NEW!**

You wouldn't drink expired milk. Don't use expired smoke alarms. Smoke alarms are an essential part of your fire safety strategy. All smoke alarms (battery-powered and hard-wired) need to be replaced EVERY 10 years. Let Jim Resnick provide you with tips and resources for a safer home.

Course	Day, Date	Time	Cost
18703	W, 7/7	10:30-11:30 a.m.	Free

Making the Most of the Library During Covid **P**

Learn how to utilize the library during COVID including technology loan programs, presentations, book/DVD rentals.

Course	Day, Date	Time	Cost
19522	W, 8/4	10:30-11:30 a.m.	Free

Maryland Insurance Administration **P**

Join Patricia Dorn, Outreach Staffer, as she educates us on homeowners and renters insurance.

Course	Day, Date	Time	Cost
18702	W, 7/28	10:30-11:30 a.m.	Free

Memory Café

Alzheimer's Association Memory Cafes offer a fun and relaxed way for people living with early-stage memory loss to connect with one another through social events that promote interaction and companionship. Meets every Monday. Bring a bag lunch and meet people! **New participants** must contact representative Sheila Griffith at 240-844-3608 or sagriffith@alz.org prior to attending the group.

Course	Day, Date	Time	Cost
19503	M, 7/5-9/27	12-1:30 p.m.	Free

Positive Aging Program **P**

Take this unique opportunity to meet with fellow seniors and chat about the day, current events, or hobbies. Make new friends and learn something new.

Women Living Alone

This is a long-standing open-enrollment support group at RSC in which members support each other by listening; expressing concern; and offering tips, suggestions, and advice, when solicited. Meets first and third Thursday

Continued on next page...

Support Resources cont.

Women Living Alone cont....
of each month.

Course	Day, Date	Time	Cost
19042	Th, 7/1-9/16	1-2:30 p.m.	Free

Managing Stress during the Pandemic

This is an ongoing support and educational group to help people cope with the isolation, anxiety, depression, loss, etc., caused by the COVID-19 pandemic. Participants learn coping skills from facilitator and from each other. Meets every Friday.

Course	Day, Date	Time	Cost
19046	F, 7/2-9/24	11 a.m.-12 p.m.	Free

Relating to Your Adult Children

Children (and their parents!) can be cruel and insensitive. This group will explore possible motives behind hurtful behavior and discuss ways to set protective boundaries and promote healthier relationships with one's adult children. Also addresses how to advocate for your needs. Meets first and third Tuesday of each month.

Course	Day, Date	Time	Cost
19045	Tu, 7/6-9/21	2:30-4 p.m.	Free

Men Living Alone

This ongoing group will provide an opportunity for men to socialize and support each other, as many women do in the Women Living Alone group. Join with other men and share the challenges and joys of living by yourself. Meets second and fourth Thursday of each month.

Course	Day, Date	Time	Cost
19041	Th, 7/8-9/23	1-2:30 p.m.	Free

Thrift Shop Donations

Consider donating your gently used small household or clothing items to the Senior Center Thrift Shop!

Decluttering

Whether you need to downsize or just get organized in your current space, this workshop will provide tips on how to approach getting rid of things you no longer want or need, and identify organizations for their distribution.

Course	Day, Date	Time	Cost
19052	Th, 9/30	1-2:30 p.m.	Free

Brain Games

It's back (again)! Our brains change as we get older, but with regular brain exercise, we can improve our mental functioning, such as long-term memory, working memory, executive functioning, attention to detail and processing speed. Join the fun and work your brain as you harmoniously compete with your peers in various games and puzzles. Meets second and fourth Tuesday of each month.

Course	Day, Date	Time	Cost
19603	Tu, 7/13 -9/28	2:30-4 p.m.	Free

Scams, Fraud and Cons: How to Keep You & Your Money Safe

Did you know how to recognize a scam? Join the ElderSAFE Center for an interactive discussion on the most common scams, how to protect yourself, and information on reporting fraud.

Course	Day, Date	Time	Cost
19594	W, 6/30	10:30-11:30 a.m.	Free

Consider Donating to the Senior Assistance Fund

Donations will provide necessary food and personal hygiene items for those seniors with emergent needs. Donations can be added to your cart online in our registration system or by checks mailed to:

Rockville Senior Center,
1150 Carnation Dr.,
Rockville, MD 20850.

Checks made out to: *City of Rockville with Program Assistance fund in the description.*

Check the monthly newsletter for updates on special events!

Registration Form

Contact Information | Información del contacto

Last Name Apellido*	First Name Nombre*	Birthday Fecha de nacimiento (mm/dd/yy)*	Email*
Address Dirección*		City Ciudad*	State Estado* Zip Código postal*
Home Phone Teléfono de Casa*		Work Phone Teléfono de Trabajo	Cell Phone Celular

Emergency Contact | Contacto de Emergencia

Name Nombre*	Relationship Relación*	Phone Teléfono*
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Activity Name Nombre de la Actividad	Activity Number Número	Fees* Costo*

Contribution to Program Assistance Fund: \$10 _____ \$25 _____ \$50 _____ Other \$ _____

Processed by Check, Cash, Charge	Date Processed:	Total Paid: \$	Total Amount Due: Cantidad Total:
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Program Modifications: Participants with disabilities should contact our office prior to activity.

Payment | Pago

Name on Card Nombre en la tarjeta	Credit Card Number Número en la Tarjeta de Crédito	Security Code Código de Seguridad	Expiration Date Fecha de Expiración
Payer Address (If different than above) Dirección del Pagador (si es diferente que la de arriba)			
<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Cash <input type="checkbox"/> Check # _____	City Ciudad	State Estado	Zip Código Postal
Cardholder Signature Firma del Dueño de la Tarjeta			

Release, Waiver, Assumption of Risk and Consent | Descargo y exención de responsabilidad, asunción de riesgos y consentimiento

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program. By providing your email address you are agreeing to sign up for the Rockville & Recreation and Parks mailing list to receive email updates about our programs. All information collected will be used in accordance with the City of Rockville privacy policy. You may withdraw your consent at any time. By my participation in a City of Rockville, Department of Recreation and Parks program and/or entering a facility, I agree to follow all posted and/or published rules and staff member's instructions. Violation may result in removal from the program and/or suspension from the facility.

Participación en el programa puede ser una actividad peligrosa. Participante no debe participar en el programa a menos que el participante está en buena forma física y es médicamente capaz. Participantes (o padre o tutor en nombre de un participante menor de edad) asume todos los riesgos asociados con la participación en este programa, incluyendo pero no limitado a, los generalmente asociados con este tipo de programa, los riesgos de viajar en las vías públicas, de accidentes, de enfermedad y de las fuerzas de la naturaleza. Teniendo en cuenta el derecho a participar en el programa y en consideración del acuerdo por el participante por el Alcalde y Consejo de Rockville a través de su Departamento de recreación y parques para comida, viajes y recreación, el participante, sus herederos y ejecutores, o un padre o tutor en nombre de un hijo menor de edad pudiera derivarse de o como resultado de la participación en el programa. El participante (o el padre o tutor en nombre de un participante menor de edad) concede el permiso de un médico o un técnico médico de emergencia administrar tratamiento de urgencia de la participante y consiente al uso de la ciudad de fotografías o videos del programa que incluyen al participante. Ni el instructor ni ninguno de el personal es responsable de los participantes antes o después del programa. Al participar en un programa de la Ciudad de Rockville, el Departamento de Recreación y Parques y / o ingresar a un centro, acepto seguir todas las normas publicadas y / o publicadas y las instrucciones del miembro del personal. La violación puede resultar en la eliminación del programa y / o la suspensión de la instalación.

* Signature of Participant/Guardian | Firma del participante/tutor: _____



City of
Rockville
Get Into It

City of Rockville
Rockville Senior Center
1150 Carnation Dr, Rockville, MD 20850

Presorted
Standard
**U.S. POSTAGE
PAID**
Suburban, MD
Permit No. 63

Sign-up for these Great Offerings...

Brown Bag Lunch

Come spend time outdoors with friends for lunch and an activity every Monday. Bring your own bagged lunch and beverage. A port-a-Potty is available outside. Activity will be decided prior to the lunch. CDC guidelines will be enforced and is weather permitted. Registration is required.

Course	Day, Date	Time	Cost
18686	M, 5/3-5/24	11:30 a.m.-12:30 p.m.	Free
18687	M, 6/7-6/28	11:30 a.m.-12:30 p.m.	Free
19679	M, 7/12-7/26	11:30 a.m.-12:30 p.m.	Free
19680	M, 8/2-8/30	11:30 a.m.-12:30 p.m.	Free

Parking Lot Bingo: Outdoors **NEW!**

Designated parking spots marked for the event. Feel free to play from your car or bring chairs to enjoy the sunshine! Pre registration required by May 26. Rain date 6/9. For more details see pg. 6.

Course	Day, Date	Time	Cost
18968	W, 6/2	4-6 p.m.	\$6/\$9

Father's Day Cookout: Outdoors **NEW!**

Come by the senior center to celebrate Father's Day as we cook burgers and hot dogs on the grill! Lunch will be outside and includes toppings, beverages, a side, and dessert. CDC guidelines will be followed. Register by 6/14. Rain date 6/25. Sponsored by Collingswood.

Course	Day, Date	Time	Cost
18689	F, 6/11	12:30-2:30 p.m.	\$3/\$5

Fitness Workshop: Abs Core and More **NEW!**

This two-part series will focus on your entire core. Covers core stability, strength and flexibility, and the importance of a strong core. This class will include discussion, an interactive demonstration and a workout. For more details see pg. 14.

Course	Day, Date	Time	Cost
18818	Th, 7/15 & 8/5	3:30-4:45 p.m.	\$30

Summer FUN at its BEST!

To Register: www.rockvillemd.gov/registration

